

Memorial Park Community Center Recreation Programs

Program/Activity Description	Instructor	Ages	Time Block	Cost	Room
Health Coaching- Are you interested in improving your health, but you're not sure where to start? Work with Rachel Irwin, Certified Wellness Coach, to set health goals and get the support and encouragement you need to achieve those goals. Rachel is also a Certified Inclusive Fitness Trainer, and she can help you start or improve your fitness habit!	Rachel Irwin	All ages	Call 423-827-6887 to schedule your session	\$30/ 30 min session \$75/ 3 (30 min sessions) \$95/ 4 (30 min sessions)	Fitness Room
P90X Live- P90X Live- The P90X LIVE workouts offer a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work, and more. Using the science of Muscle Confusion™, P90X constantly switches things up (the blocks, the protocols, the rep ranges) to help class members bust through plateaus. Plus, there are modifications so people at any level can partake.	Geri Mahaley	16+	Monday 9:45-10:45am	\$5/class	Exercise/Dance Room #170
R.I.P.E.D (Resistance, Interval, Power, Plyometrics, Endurance, Diet)- It's the hottest and most efficient total body workout period. R.I.P.E.D. The One Stop Body Shock masterfully combines the best elements of fitness in a 55 minute time frame that is guaranteed to deliver incredible results.	Kristin Harmon	18+	Monday 6:00-7:00pm Saturday 9:00am-10:00am	\$5/class	Exercise Dance Room #170
Piloxing- PILOXING is a high-energy interval workout that uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates. Add to that fun dance moves and you have a workout that will tone muscle, burn fat and empower you both physically and mentally.	Kristin Harmon	18+	Wednesday 8:30-9:30am	\$5/class	Aerobics Room
"Just Breathe" Yoga- Join us for a breath of fresh air as we explore yoga postures, breathing practice's, and relaxation techniques. Focus is on precise alignment of postures, emphasizing body awareness and mental clarity	Dixie Neth	18+	Tuesday & Thursday 11:00am-12:30pm	\$5/class \$35/month	Exercise/Dance Room #170
Zumba- We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.	Ashley Whitson	16+	Tuesday 5:30-6:30	\$5/class	Dining Room
Line Dance by TJ- Teaches choreographed routines to a wide variety of music genres: Latin to Pop/Hip-Hop, Celtic to Country, and so much more! Suitable for all ages, all levels, and no partner required, guys and girls!	TJ Pate	All ages	Tuesday 5:30-6:30pm Saturday 1:00-2:00pm	\$5/class	Exercise Dance Room #170
Line Dance (Non-Partner)- (Intermediate) This class will focus on more complex choreography and refine basic steps. Participants should already be comfortable with the basic steps.	Casey Baskins	18+	Thursday 7:45-8:45pm	\$5/class	Exercise Room #170
Meditation- Mindfulness and meditation. Relaxation yoga. All skill levels welcome. (Beginning October 10)	Stephanie Smallwood	12+	Monday 4:00-5:00pm	\$3/class	Performing Arts

www.johnsoncitytn.org/mpcc

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